Harvest of the Month™

2015-2016

2nd Grade Workbook

Name _____

I Pledge Allegiance to My Health

This pledge can be read daily at school or at home with your family to remind you of all the ways to take care of your body!

I pledge allegiance to my health,
to not compare myself to anyone else.
With fruits and vegetables I'll fill my tray
and get nice and sweaty every day.
I have only this body and this one heart
so today's the day I'm going to start
eating less chips and less sugary drinks
and before I eat I'm going to think!

_____

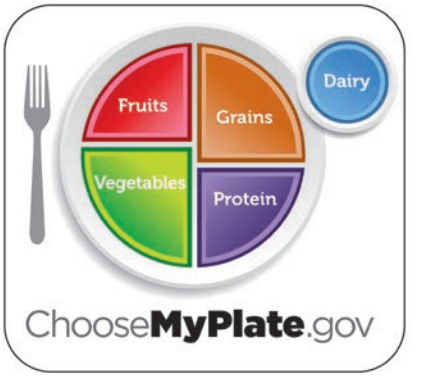
Name

I Pledge Allegiance to My Health created by Mandy Richardson, Teacher, Hawthorne School District

Introduction

Harvest of the Month is a program that your class will take part in this year. Through participation in this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they cost less and are fresh.

You may have seen a food picture called MyPlate. MyPlate is a reminder for people to make healthier food choices. A healthy meal starts with more fruits and vegetables and smaller sizes of protein like meat and grains like rice. Think about how you can change what is on your plate to make it healthier.



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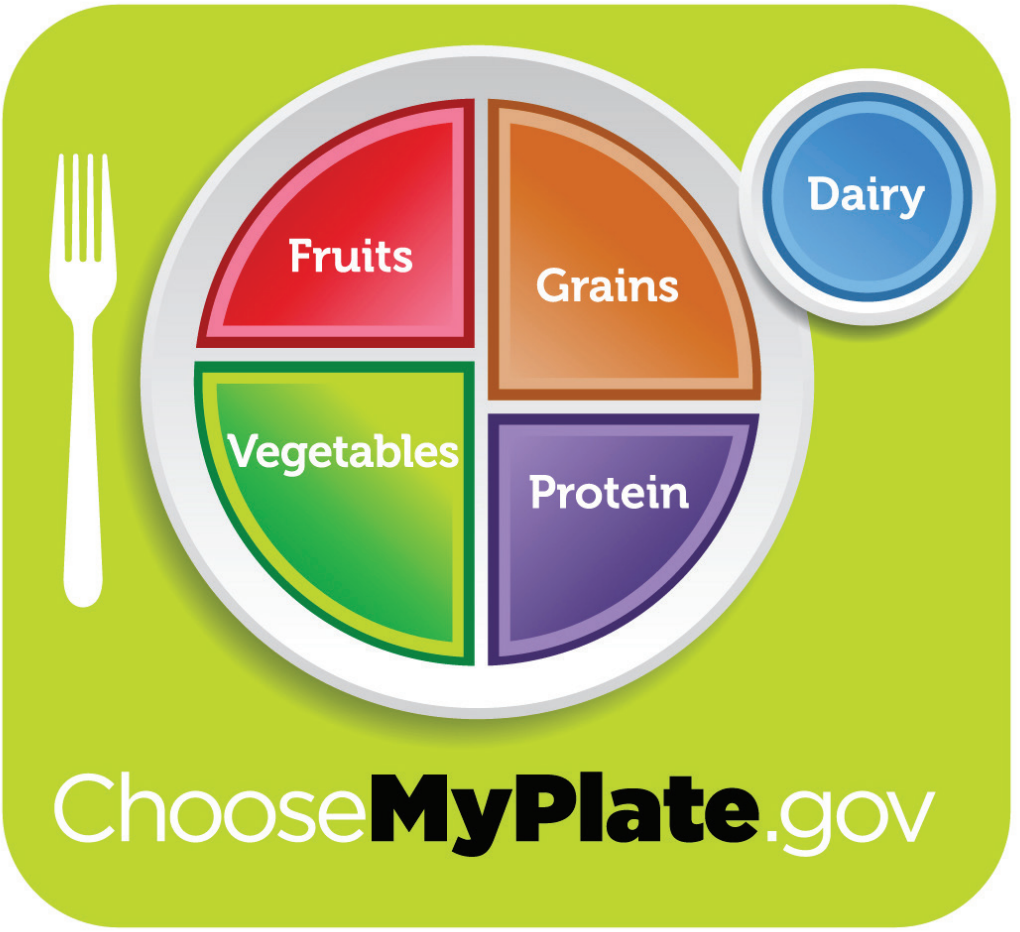
What's on Your Plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.

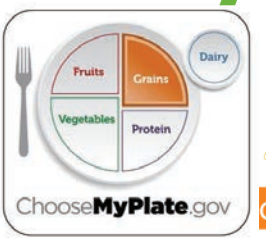
Make at least half your grains whole.

Switch to non-fat or low-fat (1%) milk.

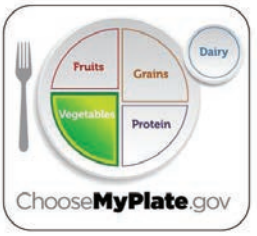
Vary your protein food choices.

Foods Found in MyPlate

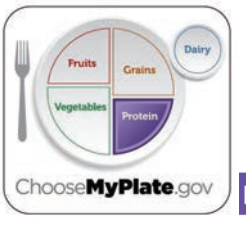
- Apples
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon
- 100% fruit juice



- Breakfast cereal
- Brown rice
- Corn flakes
- Crackers
- Grits
- Macaroni
- Noodles
- Oatmeal
- Popcorn
- Pretzels
- Spaghetti
- Tortillas like corn, flour, and whole wheat
- Whole wheat bread, cereals, crackers, and pastas

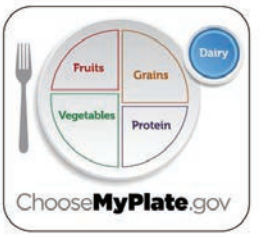


- Asparagus
- Beans like lima, kidney, and pinto*
- Beets
- Bell peppers**
- Broccoli
- Carrots
- Cauliflower
- Corn
- Dark green leafy lettuce
- Green beans**
- Green peas*
- Kale
- Lettuce
- Potatoes
- Pumpkin**
- Radish
- Spinach
- Squash**
- Sweet potatoes
- Tomatoes**
- Turnip
- Vegetable juice
- Zucchini**



- Beans and peas (see vegetables)
- Beef
- Chicken
- Eggs
- Fish
- Nuts like almonds, cashews, and walnuts
- Peanut butter
- Sunflower seeds
- Turkey
- Veggie burger

*beans and peas can also go in the protein group
**these vegetables are the fruit part of the plant because they contain the seeds of the plant

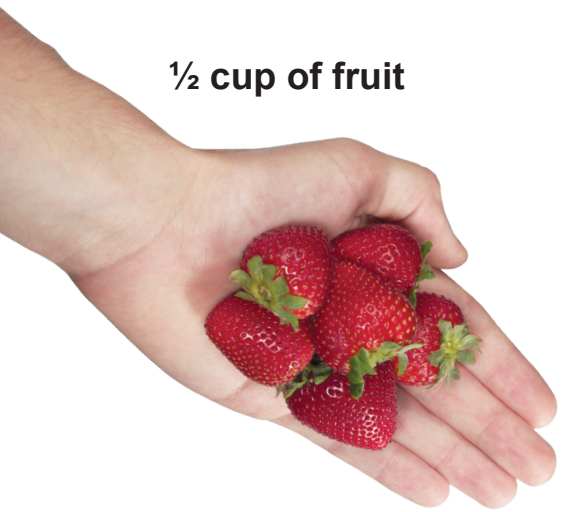


- Cheese
- Non-fat or low-fat milk
- Non-fat or low-fat yogurt

The Key to a Healthy Life is in Your Hands

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. In general, children your age should eat 1½ cups of vegetables and 1-1½ cups of fruit every day.*

½ cup of fruit



1 cup of fruit

½ cup of vegetables

1 cup of raw leafy greens

½ cup of vegetables

¼ cup of dried fruit

½ cup of vegetables

*Source: MyPlate

Fruit or Vegetable	I like it	I am not sure if I like it ???	I did not like it	I will try this again	Why it is good for me...
Peppers					
Grapes					
Root Vegetables					
Apples					
Salad Greens					
Citrus Fruits					
Cooked Greens					
Cucumbers					
Strawberries					
Stone Fruits					

Peppers grow on a bush.

September ■ Peppers

Nutrition Facts

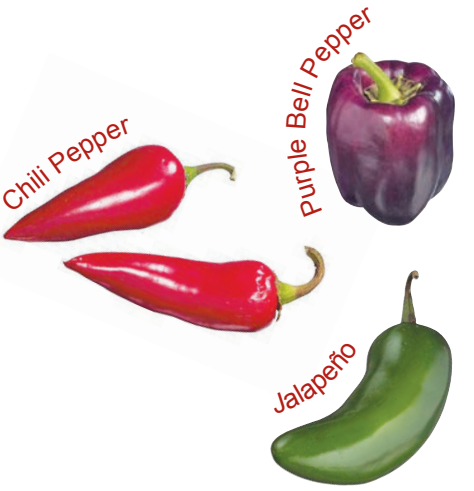
Serving Size: ½ cup sweet red peppers, chopped (75g)

Calories 23	Calories from Fat 1
	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 1g	
Vitamin A 47%	Calcium 1%
Vitamin C 158%	Iron 2%

Other nutrients: Vitamin B6 (11%), Folate (8%), Vitamin E (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11821

- A ½ cup of sweet green peppers is an excellent source of vitamin C.
- By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much.
- Peppers are grouped into two categories: hot (chili) and sweet peppers.
- Hot peppers can be picked at any stage, but are hottest when fully ripe.
- When left to ripen, sweet peppers mature into red, yellow, orange, and purple peppers with different levels of sweetness.



- Watch this video and learn about a pepper farmer! **http://bit.ly/1F4AJpV**

Pea Dippin' Good
http://bit.ly/1Tm0OtI

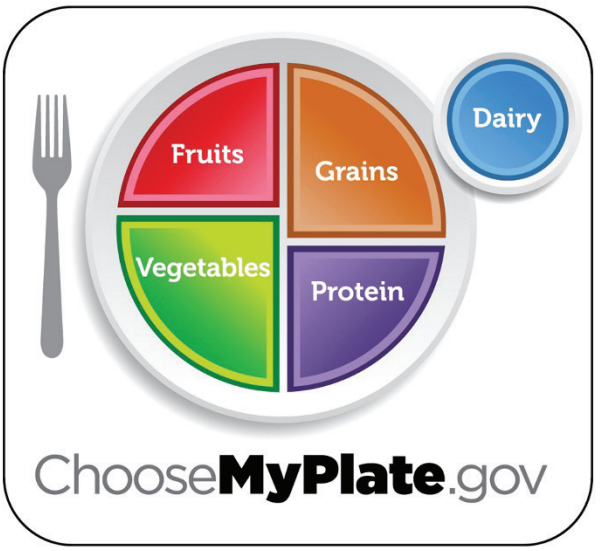
Activity

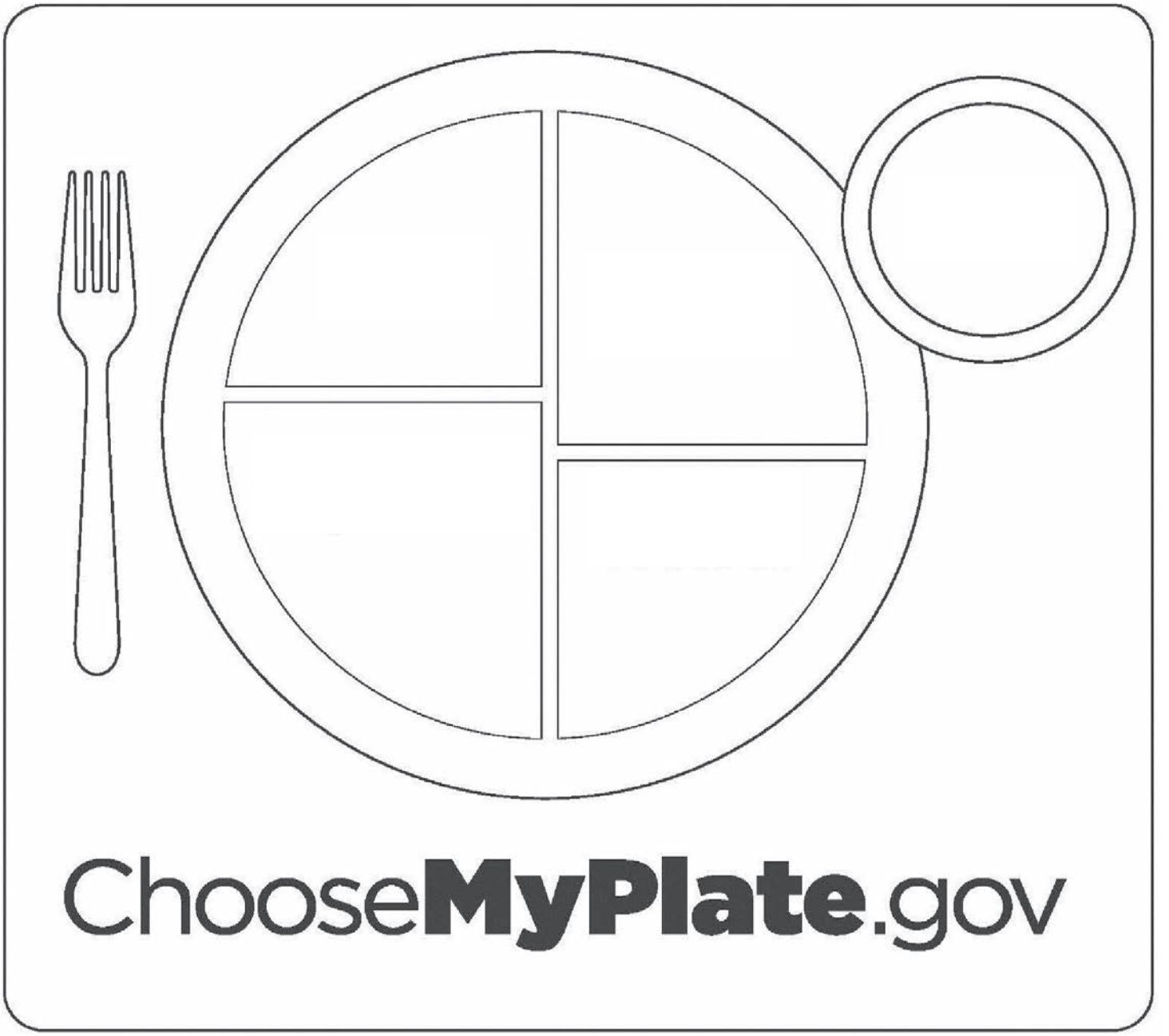
- Think about the different types of peppers and pick your favorite. On a separate piece of paper, draw a greenhouse and describe the environment you will need for your pepper to grow. Include information like temperature, amount of sunlight, and amount of water.

RF.2.3; W.2.8; SL.2.2; NGSS 2-LS4-1

MyPlate

MyPlate shows the five food groups using a plate. Each part of the plate shows an important food group. The red part is the fruit group. The green part is the vegetable group. The orange part is the grain group. The purple part is the protein group. The blue part is the dairy group. Draw in healthy foods you would like to eat from the five food groups. Use the *Foods Found in MyPlate* on page 3 to help you. For more activities, games, and videos visit: **www.ChooseMyPlate.gov/kids**





Health Ed Standard: Nutrition and Physical Activity: Essential Concept 1.1N, Decision Making 5.1.N

October ■ Grapes

Grapes grow on a vine.

Nutrition Facts

Serving Size: ½ cup grapes (76g)

Calories 52	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	3%
Sugars 12g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 14%	Iron 2%

Other nutrients: Vitamin K (14%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09132

- A ½ cup of red or green grapes is a good source of vitamin K.
- Grapes are actually berries and they are made up of about 80% water.
- On average, there are over 100 grapes in a bunch.
- Grapevines need to grow two years before the first grapes are ready to harvest.
- Concord grapes are one of the only three fruits native to North America.
- Watch this video and learn about a grape farmer! **http://bit.ly/1CyP1kb**

Activity

- After watching the video, explain how grapes grow. Also explain what kind of weather helps grapes grow big and sweet.

_____

_____

Quick and Creamy Grape Shake

http://bit.ly/1G9VekK

_____

_____

_____

_____

W.2.8; SL.2.2; NGSS 2-LS4-1

Read It Before You Eat It

You know how books have a table of contents that explains what's inside? Or maybe you have a toy that came with a diagram that identified each small piece. Nutrition labels are sort of like that. They tell you what's inside the food you're eating and list its parts.

The Nutrition Facts food label gives you information about which nutrients are in the food. Your body needs the right combination of nutrients, like vitamins, to work properly and grow. Other information on the label is given in percentages. The percent daily value (% Daily Value or % DV) on a food label tells you how this food can help someone meet these daily goals. The % Daily Value shows whether the food is a high or low source of a nutrient.

Macaroni and Cheese

How many servings are you eating?

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A	4%	• Vitamin C	2%
Calcium	20%	• Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

The label also tells you how many servings are contained in that package of food. The information on the label only lists nutrients for one serving. If you eat two servings, you have to double all the nutrients. The new total is what you use to compare to the % DV.

It is important to look at the serving size first!

Spot the Block. www.FDA.gov

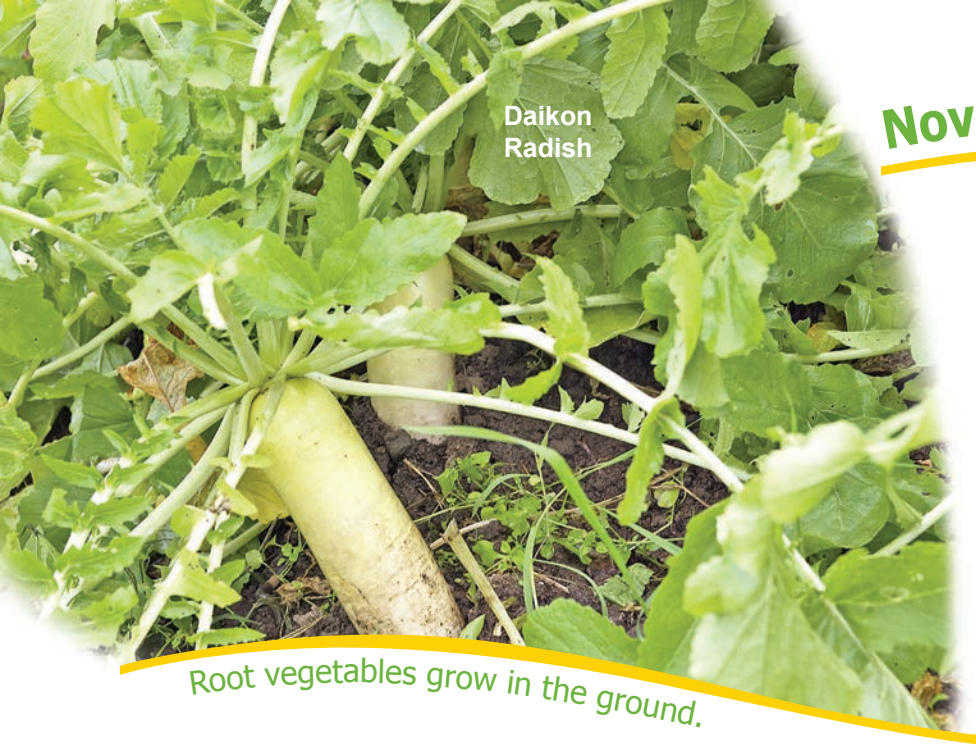
- Circle the "Serving Size" on the Nutrition Facts label.
- Put a check by the nutrients that you want to limit.
- Put a star by the nutrients that you want to get enough of every day.

- Visit a Nutrition Facts Label lesson and activity at **http://bit.ly/1oLVft6**

Source: KidsHealth.org and USDA's Team Nutrition

RI.2.7, 2.NBT.A.4, 2.NBT.B.6, 2.NBT.B.7; Health Ed Standard: Nutrition and Physical Activity: Accessing Valid Information 3.1N, Decision Making 5.1.N, 5.2.N

November ■ Root Vegetables



Root vegetables grow in the ground.

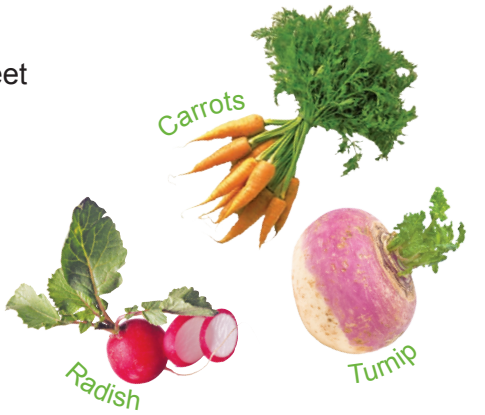
Nutrition Facts

Serving Size: 1/2 cup raw daikon radish (30g)
Calories 6 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0
Cholesterol 0g	0%
Sodium 7mg	0%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 0g	

Vitamin A 0% Calcium 0%
Vitamin C 12% Iron 0%
Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11430

- A ½ cup of sliced daikon radish is a good source of vitamin C.
- Root vegetables include: potatoes, beets, carrots, jicama, radishes, sweet potatoes, ginger, garlic, and onions.
- Root vegetables are the roots of plants that are eaten as vegetables. They anchor the plant, absorb water and nutrients, and store energy.
- American colonists relied heavily on root vegetables because they could be stored for months in the harsh New England winters.
- California leads the nation in production of daikon radishes.



- Watch this video and learn about root vegetables! **http://bit.ly/1MkDnPr**

Activity

- In the video, the chef talks about cooking with different types of vegetables, including carrots. Do you cook? Have you cooked with carrots and other root vegetables? Think of a meal that you make with root vegetables, or think of a meal you would like to make with root vegetables. If you want to, research a recipe that uses root vegetables. Write the recipe below or use a separate piece of paper if needed.

Dig Into Roots
http://bit.ly/1Tm0Otl

RI.2.3; SL.2.2, L.2.1, L.2.2

Eat Fruits and Vegetables Every Day!

Why do we need fruits and vegetables? Fruits and vegetables contain important vitamins and minerals that your body needs to help you grow and stay healthy. Four important vitamins and minerals are listed on the Nutrition Facts label. They are vitamin A, vitamin C, calcium, and iron. Look in the *Glossary of Nutrients* on page 28 to see why it is important to include foods that contain these nutrients every day.

bones	**eyes**	**gums**	**heal**
oxygen	**skin**	**teeth**	

- Fill in the blanks using the nutrient definitions in the *Glossary of Nutrients* on page 28.

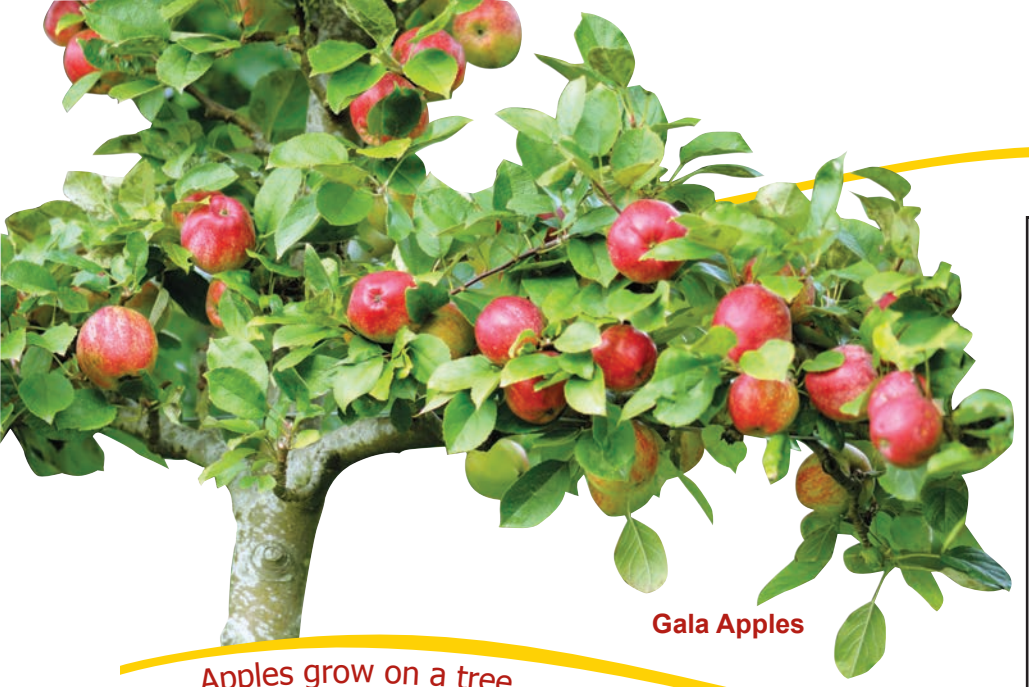
1. Calcium helps build strong _____ and healthy _____.

2. Iron helps red blood cells carry _____ to all the parts of the body.

3. Vitamin A helps your body maintain healthy _____ and _____.

4. Vitamin C helps the body _____ cuts and wounds and maintain healthy _____.

December ■ Apples



Gala Apples

Apples grow on a tree.

Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)

Calories 28	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09003

- A ½ cup of sliced apples is a source of fiber.
- Apple trees grow in the temperate regions of the world. Apple trees are best adapted to places where the average winter temperature is near freezing for at least two months, though many varieties can withstand winter temperatures as low as -40°F.
- California apples are harvested throughout the year and many varieties are available year-round. Examples of California apple varieties are: Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathan, and Pink Lady.

- Watch this video and learn about an apple farmer! **http://bit.ly/RGYWRA**

Apple Trio
http://bit.ly/1Tm0Otl

Activity

- Using the information you learned from the video, write a story, draw a picture, or use a graphic organizer to describe the apple's journey from farm to store. Be sure to include how the apple grows, is harvested, and travels to the store. Use a separate piece of paper.

RI.2.3, RI.2.7; W.2.2; SL.2.2, NGSS 2-LS4-1

Brain Breaks!

Physical activity has many health benefits. It is good to be physically active every day because it:

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and some types of cancer
- Helps build and keep healthy bones, muscles, and joints

Research has shown that brief bursts of exercise before taking tests helps students do better. In addition, regular activity breaks during the school day can help sharpen students' ability to focus and stay on task. When taking a break, do activities that get the body moving and the heart pumping, such as dancing, jumping, or running in place.

As a class, visit **vimeo.com/album/1637740**. This is a link to a list of over 50 *JAMmin' Minute* videos. *JAMmin' Minute* is a very quick and easy way to add exercise into the school day. After viewing the various videos, vote on activities that you would like to do in class to get a brain break. Use the space below to write when you will take three brain breaks, using hours and minutes, and include the video number.

Monday	Tuesday	Wednesday	Thursday	Friday
Video Number: Time:	Video Number: Time:	Video Number: Time:	Video Number: Time:	Video Number: Time:
Video Number: Time:	Video Number: Time:	Video Number: Time:	Video Number: Time:	Video Number: Time:
Video Number: Time:	Video Number: Time:	Video Number: Time:	Video Number: Time:	Video Number: Time:

SL.2.1; 2.MD.C.7; Health Ed Standard: Nutrition and Physical Activity: Decision Making 5.3.N, Goal Setting 6.2.N, Practice Health Enhancing Behaviors 7.5.N

Salad greens grow on the ground.

January ■ Salad Greens

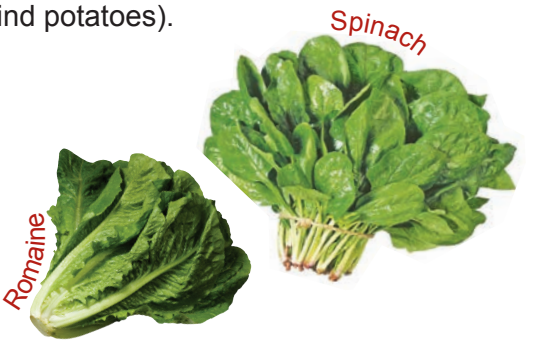
Nutrition Facts

Serving Size: 1 cup red leaf lettuce, shredded (28g)

Calories 4	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 0g	

Vitamin A 42% Calcium 1%
Vitamin C 2% Iron 2%
Other nutrients: Vitamin K (49%)
Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11257

- One cup of salad greens provides an excellent source of vitamin A.
- Lettuce was among the first vegetables brought to the New World by Christopher Columbus.
- Wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D. all support evidence that salad greens are one of the oldest known vegetables.
- In the United States, lettuce is the second most popular vegetable (behind potatoes).



- Watch this video and learn about a farmer who grows salad greens!
  http://bit.ly/1NCzqD8

Activity

- Think about the different types of salad greens and pick your favorite. On a separate piece of paper, draw your salad green growing using hydroponics. Describe the environment you will need for your salad greens to grow. Be sure to include information like ideal temperature, amount of sunlight, and type of water.

Spinach Cranberry Salad

http://bit.ly/1Tm0OtI

RF.2.3; W.2.8; SL.2.2; NGSS 2-LS4-1

Power Your Day With Breakfast

Eating breakfast every morning is the smart thing to do. Breakfast is the most important meal of the day. It helps "power up" your body so you have the energy to do the activities you love. Breakfast can even help you do better in school!

Dairy
Get your calcium-rich foods.

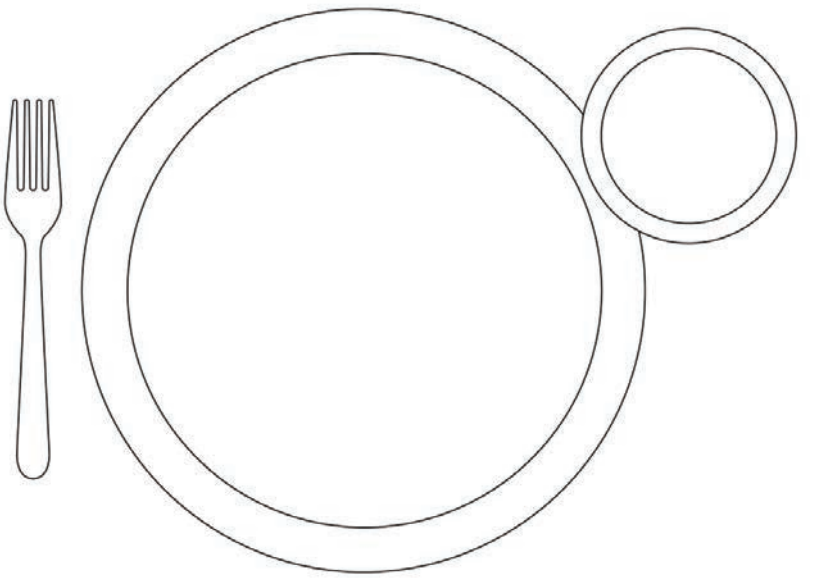
Fruit
Focus on fruits.

Grains
Make half your grains whole.

Vegetables
Vary your veggies.

Protein Foods
Go lean with protein.

Plan a nutritious breakfast below. Choose one food from at least three different food groups. Your breakfast should include a protein source from the dairy or protein food group plus two other food groups. Write the name of your nutritious food choices on the first line. Then, write the name of the food group each food is from on the second line. For nutritious food ideas, refer to page 3.



Example: **whole wheat toast** from the **grain** food group

_____ from the _____ food group.

_____ from the _____ food group.

_____ from the _____ food group.

_____ from the _____ food group.

_____ from the _____ food group
(name of food) *(name of food group)*

RI.2.3; Physical Education Standard 4.1, Health Ed Standard: Nutrition and Physical Activity: Essential Concepts 1.3.N, Decision Making 5.3.N, Goal Setting 6.1.N, Practice Health Enhancing Behaviors 7.1.N, 7.2.N

February ■ Citrus Fruits

Mandarins

Citrus fruits grow on a tree.

Nutrition Facts

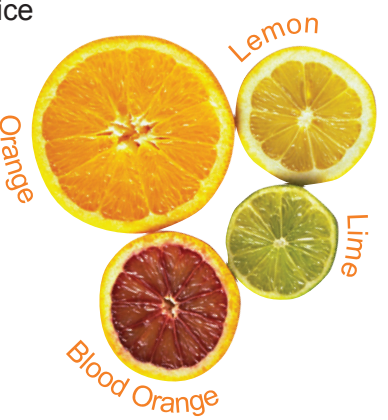
Serving Size: ½ cup mandarin, sections (98g)

Calories 52	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Sugars 10g	
Protein 1g	

Vitamin A 13% — Calcium 4%
Vitamin C 43% — Iron 1%
Other nutrients: Potassium (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09218

- A ½ cup of mandarin orange sections is a source of potassium.
- There is no waste in the processing of citrus fruits. The juice is used for fresh juice and refined into vinegars and syrups; the peel is used to make oils, marmalade, pectin, and citric acid; seeds are used to make oils.
- Clementine mandarins are available from November to January leading to their nickname as “Christmas Oranges.”



- Watch this video and learn about a citrus farmer! **http://bit.ly/1Dqo85t**

Activity

- Visit **http://bit.ly/1wkUxCY** to learn all about the parts of the plant and how we eat them. Then, play “Supermarket Botany” and see the different parts of the plant we eat!

  Based on the information above, draw an orange tree and label the parts we eat.

Sunny Breeze
http://bit.ly/1Tm0OtI

RI.2.3; NGSS 2-LS4-1

rethink YOUR DRINK

Sugar can be in foods and drinks in two ways:

- Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods have
- Added sugar, which adds calories but little or no nutrients

Rethink Your Drink by:

- Drinking water instead of sugary drinks
- Switching to non-fat or low-fat (1%) milk instead of whole milk
- Selecting 100% fruit juice, but in limited amounts, and no more than 4-6 ounces per day
- How many teaspoons of added sugar are in these drinks?

12-ounce can of soda =

_____ teaspoons

20-ounce juice drink =

_____ teaspoons

20-ounce sports drink =

_____ teaspoons

- How many teaspoons of sugar does water have? _____
- Set a healthy beverage goal!

I will drink less_____ and more _____.

RI.2.3, 2.OA.C.4; 2.NBT.A.2; Health Ed Standard: Nutrition and Physical Activity: Decision Making 5.2.N, Goal Setting 6.1.N, Practice Health Enhancing Behaviors 7.3.N

March ■ Cooked Greens

Greens grow on the ground.

Nutrition Facts

Serving Size: ½ cup cooked bok choy (85g)

Calories 10	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 1g	
Vitamin A 72%	Calcium 8%
Vitamin C 37%	Iron 5%

Other nutrients: Vitamin K (36%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11117

- A ½ cup of bok choy is a source of calcium.
- Some greens like bok choy and kale can be eaten cooked or raw.
- Although it looks like romaine lettuce or celery stalks, bok choy is actually a type of cabbage. Bok choy, collards, kale, mustard greens, and turnip greens are part of the cabbage family.
- Collard, mustard, and turnip greens are commonly known as "Southern greens."

- Watch this video and learn about a farmer who grows greens! **http://bit.ly/1IhjXcA**

Activity

- Look at the Nutrition Facts label above and find the nutrients listed below (vitamin A, vitamin C, calcium, and iron). Then, using the percent (%) Daily Value, decide which nutrient is greater or equal.

For example: vitamin A [72%] < vitamin C [37%]

1. vitamin A [ ] ( ) calcium [ ]
2. vitamin C [ ] ( ) iron [ ]
3. iron [ ] ( ) calcium [ ]

Krazy Kale Salad
http://bit.ly/1Tm0Otl

RI.2.3; MP.4; Health Ed Standard: Nutrition and Physical Activity: Accessing Valid Information 3.1.N, Decision Making 5.1.N

Healthy & Fun Parties

- Discuss the following questions with your classmates:

    1. Why is it important for us to have healthy snacks and beverages?
    2. Do you think we have had healthy class parties this year?
    3. Should we include a fun physical activity during our school parties?

- Pretend you are the official Party Planner. First, plan your healthy party menu. Next, plan the fun physical activity you would like to include during your party. Last, draw a picture of your party and share your ideas with your classmates.

Party Menu

Party Picture

Physical Activity

Physical Activity Picture

SL.2.1; Health Ed Standard: Nutrition and Physical Activity: Essential Concepts 1.4.N, 1.7.N, 1.9.N, Analyzing Influences 2.1.N, Decision Making 5.1.N, 5.2.N, 5.3.N, Goal Setting 6.1.N, Practice Health Enhancing Behaviors 7.4.N, Health Promotion 8.1.N

April ■ Cucumbers

Pickling Cucumber

Cucumbers grow on a vine.

Nutrition Facts

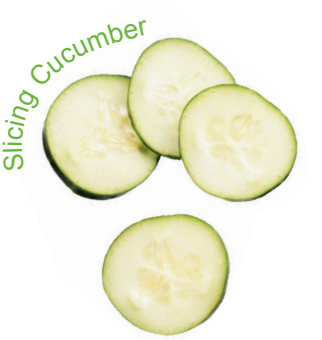
Serving Size: ½ cup cucumbers, sliced (52g)

Calories 8	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 3%	Iron 1%

Other nutrients: Vitamin K (11%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11205

- A ½ cup of sliced cucumbers provides a source of water. The cucumber is 96% water by weight.
- The cucumber species is divided into two categories: slicing and pickling. Slicing cucumbers are usually served raw in salads, sandwiches, sushi, and various snacks. Pickling cucumbers are made for the pickling process. They are usually smaller than slicing cucumbers with a thick, bumpy skin.
- The inside of a cucumber can be up to 20 degrees cooler than the exterior.
- From the cotton in our jeans to the food on our tables, to our landscaped yards and playing fields, we all depend on agriculture. Watch this video to learn what grows in California and how it affects you! **www.learnaboutag.com** - *It's All About You!*



Slicing Cucumber

Activity

- After watching the video, why do you think California is a special place for growing fruits and vegetables?

_____

_____

_____

Cool Cucumber Cuties

http://bit.ly/1Tm0Otl

_____

_____

_____

_____

_____

RI.2.3; W.2.1; L.2.1, L.2.2

Compare and Contrast

Fill in the graphic organizer below using the information from the two Nutrition Facts labels. You learned about cucumbers on the previous page. Compare and contrast characteristics such as calories, vitamin A, vitamin C, vitamin K, and sodium contained in cucumbers and pickles.

Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)

Calories 8	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	

Vitamin A 1%	Calcium 1%
Vitamin C 3%	Iron 1%

Other nutrients: Vitamin K (11%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11205

Nutrition Facts

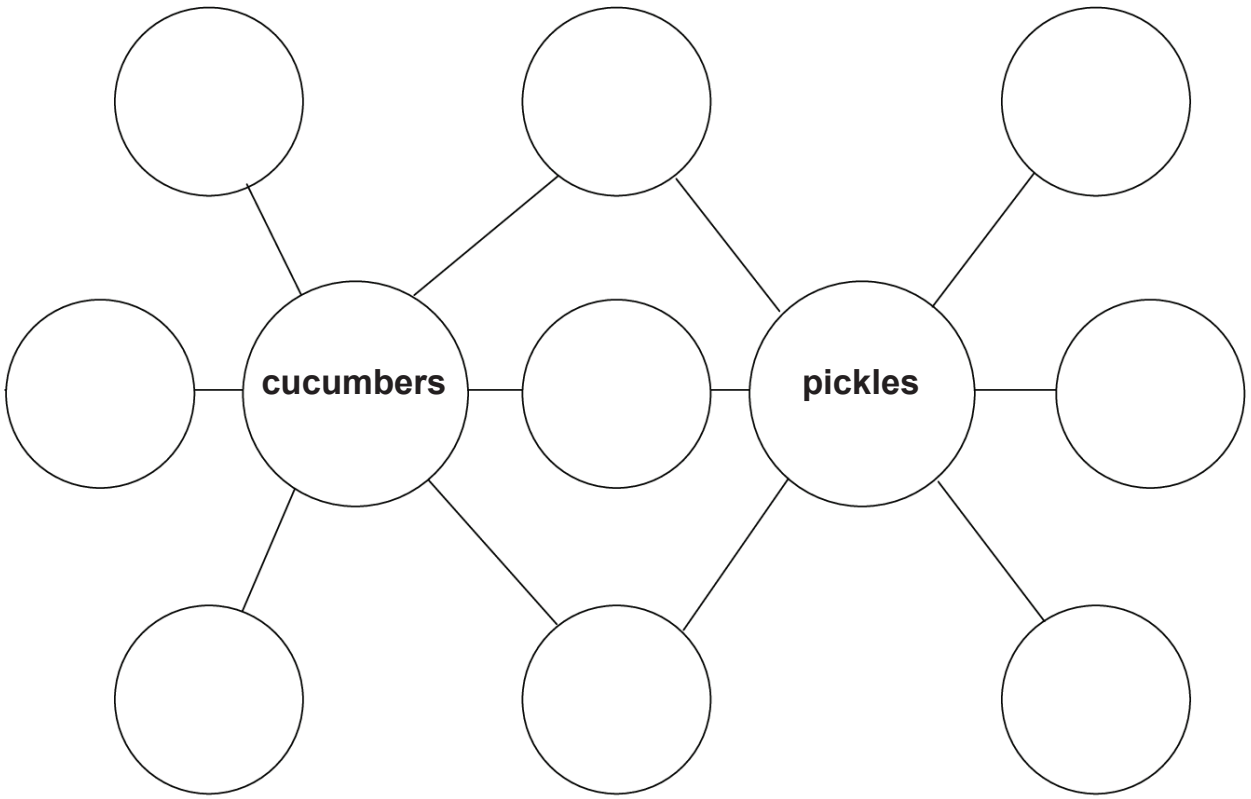
Serving Size: ½ cup dill pickle, sliced (78g)

Calories 9	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 678mg	28%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 0g	

Vitamin A 3%	Calcium 3%
Vitamin C 1%	Iron 2%

Other nutrients: Vitamin K (38%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11937



RI.2.3; 2.NBT.A.4; Health Ed Standard: Nutrition and Physical Activity: Accessing Valid Information 3.1.N, Decision Making 5.1.N

May ■ Strawberries

Strawberries grow on the ground.

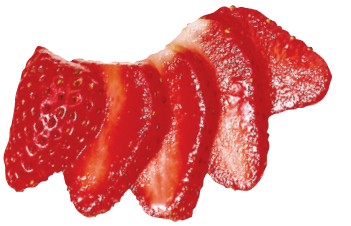
Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)

Calories 27	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09316

- A ½ cup of sliced strawberries provides more than 80% of the recommended Daily Value of vitamin C.
- Strawberries are usually the first fruit to ripen in the spring.
- On average, there are 200 tiny seeds on every strawberry.
- The seeds of the strawberry are really the fruit while the red fleshy part is the part that holds the flower together.



- Watch this video to learn how strawberries get to the store! **http://bit.ly/V6dJYn**

Activity

- After watching the video, what did you learn about strawberries?

_____

_____

Strawberry Shortcake
http://bit.ly/1Tm0OtI

_____

_____

_____

_____

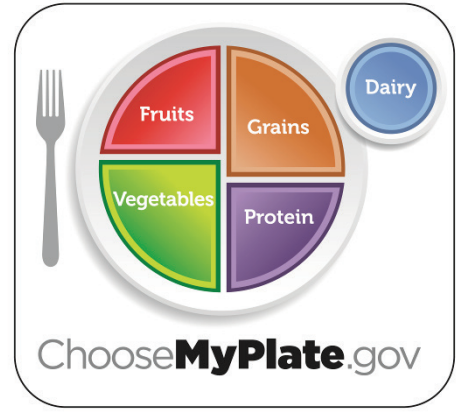
_____

W.2.1, W.2.8; L.2.1, L.2.2,

Choose MyPlate to help make healthy food choices!

MyPlate helps you see what a healthy plate looks like. We need to be sure to pick foods from each group every day. It is important to eat different foods every day to make sure you get all the nutrients your body needs to stay healthy.

- Write the name of the foods below in the correct food group.
  If you are unsure about which food group a food belongs to, refer to page 3.



Cheese

Beans

Tomato

Egg

Raisins

Yogurt

Radish

Blue-
berries

Orange

Tortilla

Lowfat
(1%) Milk

Cereal

Carrots

Peanut
Butter

Bread

Fruits	Grains	Protein	Vegetables	Dairy
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Peaches

Stone fruits grow on trees.

Nutrition Facts

Serving Size: ½ cup peach, sliced (77g)

Calories 30	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 9%	Iron 1%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09236

- A medium-sized peach provides a source of vitamin A and vitamin C.
- Peaches are classified as a stone fruit, meaning that they have a single large seed or stone surrounded by juicy flesh. Other common stone fruits include: cherries, plums, nectarines, and apricots.
- In World War I, peach pits were used as filters in gas masks.
- Watch this video and learn about a peach farmer! **http://bit.ly/1GzPxgn**

Activity

- List two adjectives to describe the way stone fruits taste, look, or sound. Use the list of adjectives on page 27 to help you.

_____ _____

Peachy Parfait

http://bit.ly/1Tm0OtI

- A half cup of sliced peaches has _____ % Daily Value (DV) for vitamin C. Use the Glossary of Nutrients on page 28 to define vitamin C.

_____

_____

_____

_____

RI.2.1, RI.2.5; MP.4; Health Ed Standard: Nutrition and Physical Activity: Essential Concepts 1.4.N, Accessing Valid Information 3.1.N

Make Plans for a Healthy Summer!

Over the summer it is important to eat plenty of colorful fruits and vegetables and get 60 minutes of physical activity every day. Congratulations on your new discovery of so many delicious fruits and vegetables!

- Write a friendly letter to your family about how you plan to eat fruits and vegetables and be physically active. Remember to include the five important parts of a friendly letter: date, greeting, body, closing, and signature.

W.2.1, 2.2, 2.3, Physical Education 4.2, Health Ed Standard: Nutrition and Physical Activity: Essential Concepts 1.9.N, Interpersonal Communication 4.1.N, Health Promotion 8.1, Mental, Emotional and Social Health: Essential Concepts 1.11M, Analyzing Influences 2.1.M, Decision Making 5.1.M

MyPlate Kids' Place

be a fit kid

10 tips for being active every day

Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.

3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.

6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.

9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!

USDA United States Department of Agriculture

Go to www.ChooseMyPlate.gov for more information.

MP4K-2 (8-12 years old)
May 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

Appendix 1: Adjectives

Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.

Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light (+color)
Dark (+color)
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round
Oval
Twisted

_____

_____

Crunchy
Crisp
Soft
Hard
Juicy
Light
Heavy
Sticky
Smooth
Wet
Firm
Bumpy
Dry
Mushy
Tough
Rough
Chewy
Cold
Warm
Hot
Silky
Furry

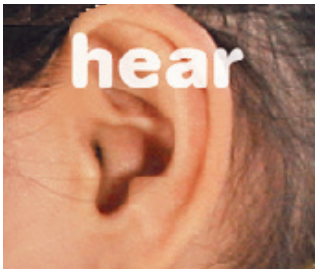
_____

_____

Sweet
Sour
Bitter
Delicious
Fresh
Tangy
Tart
Tasteless
Tasty
Plain
Mouth-watering
Yummy
Good
Bad
Refreshing

_____

_____



Crunchy
Crisp
Juicy
Squeaky
Noisy

_____

_____

Sweet
Sour
Bitter

_____

_____

Glossary of Nutrients

Calcium This mineral helps build strong bones and healthy teeth.

Carbohydrate Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

Fat Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart, while eating trans fat or too much saturated fat may be unhealthy for your heart.

Fiber Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

Iron This mineral helps red blood cells carry oxygen to all the parts of your body.

Magnesium This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

Phytochemicals Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

Potassium This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

Protein Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

Riboflavin This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

Thiamin This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

Vitamin A This vitamin helps your body maintain healthy eyes and skin.

Vitamin C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

Vitamin E This vitamin helps maintain healthy cells throughout your body.

Vitamin K This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

Water Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

Zinc This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

Source: CDPH-Nutrition Education and Obesity Prevention Branch and kidshealth.org

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CHAMPIONS for CHANGE

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